



## ELDERCARE LOCATOR

**T**he Eldercare Locator is a nationwide service funded by the U.S. Administration on Aging that connects older Americans and their caregivers with information on senior services. The Eldercare Locator is designed to help older adults and their families and caregivers find their way through the maze of services for seniors by identifying trustworthy local support resources. The goal is to provide caregivers with the information and resources that will help older persons live independently and safely in their homes and communities for as long as possible.

The toll-free telephone number is 800-677-1116 and the Web site is [www.eldercare.gov](http://www.eldercare.gov). The service was established in 1991 to connect those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Through the Eldercare Locator, individuals and their families can get information on how to access services such as those listed here.

**Adult Day Care:** Adult day care centers offer social, recreational, and health-related services in a protective setting to individuals who cannot be left alone during the day because of health care and social need, confusion, or disability.

**Information and Referral/ Assistance Information Services (I&R/A):** Information specialists are available to provide assistance and linkage to available services and resources.

**Case Management:** Case managers work with family members and older adults to assess, arrange, and evaluate supportive efforts of seniors and their families to remain independent.

**Elder Abuse Prevention Programs:** Allegations of abuse, neglect, and exploitation of senior citizens are investigated by highly trained protective service specialists. Intervention is provided in instances of substantiated elder abuse, neglect, or exploitation.

**Financial Assistance:** There are benefit counseling programs that can be accessed through the I&R/A specialist at your local area agency on aging to assist older adults who need financial assistance.

**Nutrition Services:** Home delivered meals, popularly known as "Meals on Wheels," are nutritious meals delivered to the homes of older persons who are homebound. Congregate meals provide the opportunity for persons aged 60 and over to enjoy a meal and socialize with other seniors in the community.



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES**

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**Home Health Services:** Home health care includes such care activities as changing wound dressings, checking vital signs, cleaning catheters, and providing tube feedings.

**Legal Assistance:** Legal advice and representation are available to persons aged 60 and over for certain types of legal matters including government program benefits, tenant rights, and consumer problems.

**Personal Care:** These services assist individuals who have functional impairments with bathing, dressing, shopping, walking, house-keeping, supervision, emotional security, eating, and securing health care from appropriate sources.

**Respite Care:** Respite is relief or rest, for a specified period of time, from the constant/continued supervision, companionship, therapeutic care, and/or personal care of a person with a functional impairment.

**Senior Housing Options:** The decision to seek care outside an individual's home is a difficult one. If you are considering such a move for yourself or a family member, please contact your local area agency on aging I&R/A specialist to determine the full range of support options available to you.

**Senior Center Programs:** Senior centers offer a variety of recreational and educational programs, seminars, events, and activities for the active and less active older adult.

**Telephone Reassurance:** Trained volunteers provide regular contact and safety checks to reassure and support senior citizens and disabled persons who are homebound.

**Transportation:** Programs are available that provide door-to-door transportation for people who are elderly or disabled, who do not have private transportation, and who cannot meet their needs using public transportation.

**Volunteer Services:** Numerous volunteer programs and opportunities are available for older adults such as daily telephone reassurance, friendly visiting, and insurance counseling.